

2023 Website Program Description

Excursion Workshop

Easily access and maintain expanded states of consciousness— explore, experience, discover, evolve in this LIVE virtual weekend workshop.

Virtual Program

2 days

Conducted by Monroe certified trainers, this highly experiential virtual two-day workshop is based on the first two days of Monroe's acclaimed Gateway Voyage residential program. You will have many opportunities to directly experience the expanded states Bob Monroe designated as "Focus 10" and "Focus 12."

Supported by Hemi-Sync® audio technology, you will be able to easily and safely access and hold these expanded states to learn more about who you really are, to realize untapped inner resources, and to effect positive changes in your everyday life.

Enjoy deep physical and mental relaxation as you easily access inner guidance, receive insights into important life issues, release fears and limiting beliefs, and benefit from physical and emotional healing. Learn practical and effective techniques for accessing and using "consciousness tools" in both expanded and everyday waking states.

Some workshop participants report communication with deceased loved ones, out-of-body experiences (OBEs), and various mystical experiences.

You will gain the experience, knowledge, and skills you need to access and benefit from these expanded states on your own without Hemi-Sync®. Workshop graduates typically experience a

sense of greater self-empowerment, improved sleep, enhanced meditations, heightened creativity, and greater synchronicity in daily life.

How it works

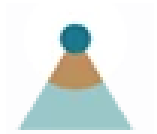
1. The daily schedule is based on each virtual retreat's specific time zone.)
2. This online workshop features 8 guided audio exercises, 2 application sessions, and over 20 versatile and practical “consciousness tools.”
3. Real-time interaction with two skilled trainers and other participants enhances your own personal process of exploration and discovery.
4. Highly experiential, the workshop is usually limited to 12 participants to insure the optimal experience.
5. The workshop is conducted using Zoom, a popular online platform for interactive online instruction. Audio exercises will be streamed through the Zoom platform.
6. Reliable internet connection with a recommended minimum speed of 5 Mbps is needed for streaming the exercises.
7. You will need headphones and a desktop or laptop computer (with a camera and microphone) for the best audio experience. Use of iPads may not allow for stereo reception and are not recommended.

Over-ear wired stereo headphones or high-quality earbuds are recommended with a cord long enough to reach the place where you will be listening to the exercises.

Y BEFORE THE RETREAT BEGINS - To allow time for the orientation process.

What You Get

In addition to the program materials and audio exercises, you will receive the following benefits.



Connect with Guidance

Engage your inner guidance to make better life choices



Additional Audio Exercises

Continue your exploration once the program has ended with a take home audio exercise.